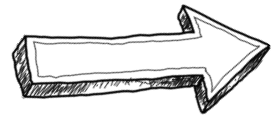


YOUR (QUARTER) LIFE CRISIS - SOLVED

Module 1



Right let's get to it then.

So, the (quarter) life crisis. What did you do wrong to be having this crisis?

You did not do anything wrong. Nor is there anything wrong with you. Let me repeat that.

This is normal. You are allowed to have a crisis. You are normal.

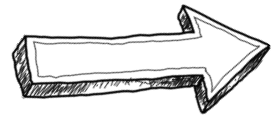
I've noticed that because we don't know what's going on or what's happening. We tend to freak out more.

Let me tell you what is happening.

Up until this point, you have followed a certain route in life. You went to school, lived with your parents, knew that you were going to do this for about 12 years. Your parents covered the bills, ran the household. You grew up, went to school, came home and dreamt about your own life one day. You were going to study this, become that, you'll be living here and marrying by 23. You had the dream. You got it all figured out. And it was perfect.

So you knew where you were going. You were confident.

And then, you are living that life. You studied this, got a job in that and a few months in, you wake up and realise – is this what it is supposed to feel like? Do I even want this anymore? Why isn't this feeling as great as I thought it would? Am I doing something wrong? Is this how my life is going to be forever?



And out of these feelings come a depth of despair, confusion, loneliness. And so many questions. And comparisons.

So what's happening? Why is this happening?

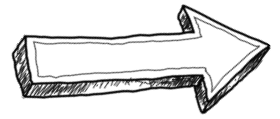
Just as you had one version of your identity before adolescence (or turning 16), you are now entering a phase where you need to establish and refine your identity again. This time as an adult. Away from your identity as a kid at school, away from the confines of your identity as a kid in your parents house, away from your identity as a student on campus.

Now let me stop here and say:

This doesn't just happen when you're 18, or straight out of university. It can happen that you're 30 – you've been living a good life and then suddenly you fall into the crisis.

This is also normal.

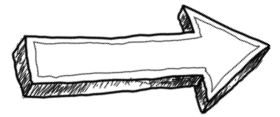
While we're at it, let's reframe the word 'crisis'. It might feel that bad and intense, but it's not. It's actually just a rite of passage, that we need to go through to get to the next stage of our lives. So, whenever you hear the word crisis, replace it with another word that suits you better. It might be 'passage', 'ritual', 'meeting' 'encounter' 'experience' 'adventure'.



Which brings me to the question:

**Where are you now? Not in physical location, but in life. What is going on?
From everything I've described, how is the crisis showing up in your life?
What are you feeling?**

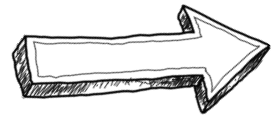
What are your questions? About yourself, about life. Anything.



What are you unsatisfied with?

What are you satisfied with?

What would you like to be different / want to change ?



I also get asked a lot, “Why is adulting so hard?”

Because it is something you don’t know.

You are uncertain of how to do it.

You are scared of not being sure and not knowing what’s coming.

And, because we have a lot of choices, and options, to make.

The first step is understanding what’s going on, and also knowing where YOU are. We are all on different stages of different journeys.

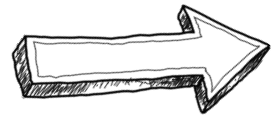
Have you ever heard of The Hero’s Journey? It’s a powerful tool that we can use to explain what’s going on:

There are 8 basic stages.

The first stage is Ordinary World. This is the start of the story, where the Hero (i.e. you) is safe and everything is comfortable and normal. This, we can say, is pre-crisis.

Then comes the Call. There’s a call to adventure, a call to find something that is lost, to look for something new. You realise you can’t stay where you are. You might first be reluctant to heed to the call, because of fear, self-doubt or insecurity.

Threshold. You cross the threshold from the known to the unknown, and your journey begins.



Challenges come. These are small obstacles that the Hero faces. These might be physical or spiritual.

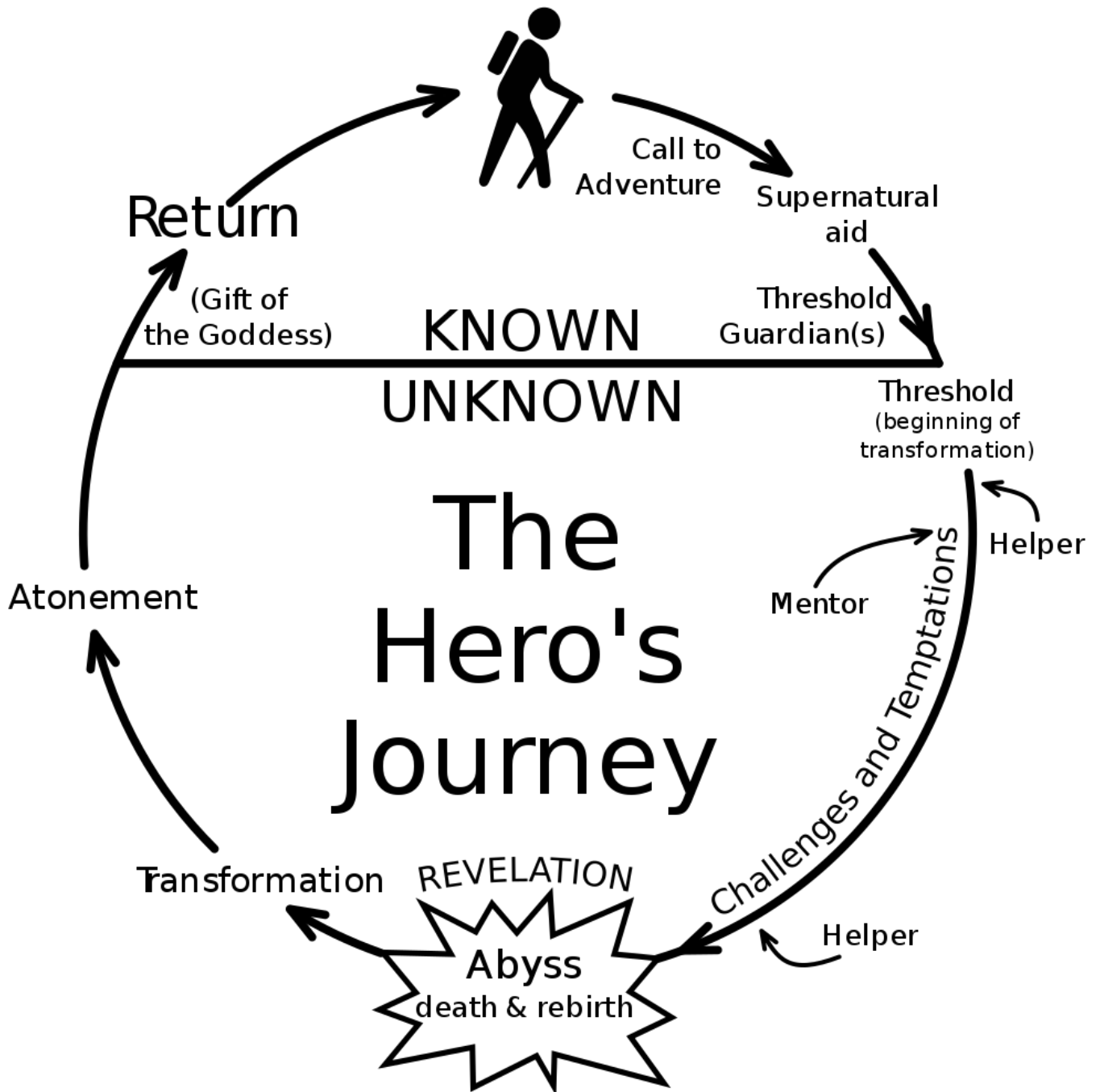
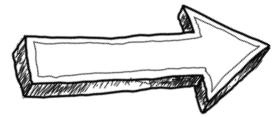
Then you move into the Abyss. This is where you face your greatest challenge. Perhaps your greatest fear.

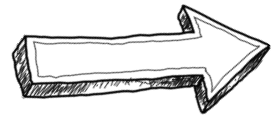
The challenge is faced and overcome, and Transformation happens.

In the Atonement stage, the Hero undergoes a rebirth (a new identity). You've integrated the transformation and it has shaped your identity into a new form.

Lastly the Hero returns with a Gift, back to the world he started. He returns with lessons learned and a more mature state. Many times he comes back to share the knowledge that he obtained.

Have a look at the Hero Journey. Where do you think you are now? Mark it on the next page.



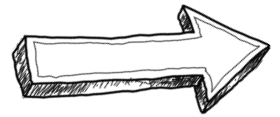


Now you might ask, “How do I get out of this? How long will it take?”

The way out of this, is by going through the process. You will get through this, and you will come out the other side. You get through this by doing the work we’re going to do together. How long will it take? That’s up to you. There’s no standard. But I can tell you, the less you freak out about it, the quicker it will be. The great news is you’ve got everything you need to help yourself. I’m just here to show you how to do it.

If I can sum it all up, I would say it’s about figuring out what you believe about yourself and the world. Not what you’ve been taught, or see on social media, or what society tells you.

Write down all the decisions you need to make. By the end of our time together we’ll return to these questions and decisions and see what insights and answers you return with after our journey together.



I want to leave you with a couple of things:

- Forget the idea of right and wrong. It's about what's best for you, where you are now.
- You can't get it wrong, because you can always edit, adapt, or change course.
- We're not looking for perfection here. We're looking for your next step – even if it's small. If you choose something and along the way you realise that it isn't working, that's okay. You can pivot.
- If you don't have the answers to some of the questions, be okay with that. Either write down what comes to mind first or just write 'In progress'.
- Don't be surprised if the answers come to you in a couple of days since engaging in the content. Your mind and subconscious are working it out for you, even if you're not actively thinking about it.
- Lastly, trust yourself. You are enough. You are doing great.